

# Soufganioth – The Recipe & Preparation

From *The Book of Jewish Food: An Odyssey from Samarkind to New York*

## Ingredients

- 1 teaspoon of dried yeast
- ¼ cup lukewarm milk or water
- 2 tablespoons sugar
- 1 whole egg PLUS 1 egg yolk
- 3 tablespoon sour cream or veg. oil
- Pinch of salt
- Vanilla to taste (1-2 teaspoons)
- 1 & 2/3 cups flour (more if necessary)
- Canola or vegetable oil for frying
- Jam of your choice to fill
- Confectioners sugar or cinnamon sugar

**NOTE – Make dough & proof ahead of time, if you want to fry with the chef on the zoom call**

1. Dissolve the yeast in warm milk or water with 1 teaspoon of sugar. Leave for 10 minutes, until it froths.
2. In a separate bowl or mixer, beat the rest of the sugar with egg and yolk. Add sour cream or oil, salt, vanilla, & yeast mixture. Beat well.
3. Add in flour gradually and continue mixing until the dough is soft, smooth, and elastic. Place dough in an oiled bowl and cover with plastic wrap. Leave in a warm place to rise for 2 hours, or until doubled in size.
4. Knead dough again for a few minutes, then roll out on a floured surface ¼" thick. Use a pastry cutter to make 2" rounds. Combine scraps into a ball and repeat.
5. Put 1 teaspoon of jam in center of a round, brush rim lightly with water, & cover with another round pressing the edges together. **See "Pro Tips" for an alternate filling method.**
6. Arrange finished rounds on a tray and let rise for 30 minutes. In the meantime, heat 1 ½" of oil in a saucepan to medium heat (~350F).
7. Fry in oil for 2-4 minutes with lid, or until brown on one side. Flip & fry for 1 more minute. Drain on cooling rack with paper towel underneath to absorb oil.

# Soufganioth – Pro Tips From Your Chef!

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- **Dairy or Pareve:** We used milk & sour cream (delicious). Warm the milk in the microwave for 15-30 seconds, but don't overheat. Water & oil is pareve/vegan, which is also fine.
- **Yeast:** The recipe calls for dried yeast. Most recipes call for active dry yeast. We used instant yeast (also known as bread-machine yeast). It worked just fine.
- **Size:** We tried 2", 2.5", & 3" rounds. The rounds should puff up during the second proofing, so we suggest smaller.
- **Proofing:** Some recipes are concerned about over proofing. We let the dough sit for three hours for the 1<sup>st</sup> proof and likely went over time on the second. The result of light and airy. Bottom line: don't stress about it.
- **When to Fill:** An alternative to Step 5 is to cook individual rounds first and fill immediately after frying. We think this is a personal choice so try some both ways. Using a frosting piping bag to inject jelly into donuts makes that step a little easier but spooning works just fine.
- **Jam:** We used seedless raspberry. If you use a piping bag, and in general, it's good to have jam that is smooth, but not too watery.
- **Oil Temp:** We used 350F as a baseline and monitored with a candy thermometer. Once the oil is hot, it tended to stay hot, dropping a little after we added doughnuts. Keep adjusting the burner to keep the oil at ~350 F. But don't stress if its not exact.

## Classic Potato Latkes

By Melissa Clark with credit NY Times

YIELD ~ 3 dozen

TIME 45 minutes

This recipe is for a classic, unadorned latke; the kind your Bubbe used to make. No kohlrabi or cumin here. Serve them hot and make more than you think you need. They go fast.

### INGREDIENTS

- 2 large Russet potatoes (about 1 pound), scrubbed and cut lengthwise into quarters
- 1 large onion (8 ounces), peeled and cut into quarters
- 2 large eggs
- ½ cup all-purpose flour 2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper Safflower or other oil, for frying

### PREPARATION

- Using a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze and wring out as much of the liquid as possible.
- Working quickly, transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.

- In a medium heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of the oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches. Use a spatula to flatten and shape the drops into discs. When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes. Transfer the latkes to a paper towel-lined plate to drain and sprinkle with salt while still warm. Repeat with the remaining batter.